

For the team at St John's
Call our church warden,
Mrs Amanda Kay
(5) 58851



Baptisms, Weddings and Funerals: contact Linda Brown at the Cartmel team office in Grange, open Tuesday and Wednesday 10am-12.30pm Friday 9am-1pm
Tel (5) 35560 or email: cptmoffice@gmail.com

Services at St John's

Sunday services begin at 9.30am except for the third Sunday in the month when a prayer service begins at 4pm. On the fourth Sunday a combined service is rotated with St Mary, Allithwaite open for morning prayer ... 9am every Wednesday



A big **Thank You** from St John's to **Jim Shaw** retiring after 40 years service as our verger



Surgery (7) 15500 Hospital (Furness) 01229 870870 Vet (5) 32669
Pharmacy (5) 58298 Post Office (5) 59342 South Lakeland Council (7) 33333
NHS helpline 111 Police Helpline 101

Church of St John the Baptist
Station Rd, Flookburgh, Grange-over-Sands LA11 7JY



The Little Link



The Parish of St John the Baptist

serving Cark, Flookburgh, Holker and Ravenstow since 1777

Winter 2021/22



Left:
Flookburgh
Over 60s
Christmas
party
Below:
Christmas Day
in the square

Social Groups

First meetings of 2022

Book Club ... 7th Jan

Knit and Natter ... 12th Jan

Mothers Union ... 17th Jan

WI ... 2nd February

See '**Activities and Events**'



Season 2022

Begins ... 11th March

Activities and Events



At St John's

Knit and Natter, Sew and Chatter ... 10-11.30am, 2nd and 4th Wednesday. First meeting of 2022, 12th January. Call Janet (5) 58651

Flookburgh Mothers Union ... 2pm, 3rd Monday of each month in the Church Room, visitors welcome. Call Janet (5) 58651

100 Club ... £1 per month for the chance to win a tenner or more. To join call Janet (5) 58651

Rainbows and Brownies ... meet in the church room during school term. For times see the church gate notice board

Food Bank ... whenever we are open, donations for the Grange food bank may be left in the boxes at the rear of the church

In the Community

Book Club ... 10am every Friday at Flookburgh Village Hall (FVH); first meeting of 2022, 7th January; for details of all events at FVH, call Barry (5) 59075

Flookburgh Over 60s ... 2pm every second Thursday at FVH; first meeting of 2022, 13th January; call Veronica (5) 59255

Lower Holker Bowls Club ... experienced or beginner, all welcome; call Ron (5) 34063

Sewing Classes ... 10am every Friday at Lower Holker Village Hall; bring your own machine; first class of 2022, 21st January; call Natasha 07901751197

Yoga Classes by KS ... currently 5pm Monday and 8.30am Wednesday at Holker Old School, Cark. Call Katie (5) 58841 or email: katie@ksyoga.co.uk

NIA Dance Classes ... at Lower Holker Village Hall and Allithwaite Community Centre; for details and to book call Amanda 07899938478 or email: lifeflow.wellbeing@gmail.com

Lower Holker WI ... 2pm, 1st Wednesday of each month, £3; first class of 2022, 2nd February

Walking for Health ... 11am every Tuesday from the Cartmel Racecourse paddock and, for a shorter walk, 11am Thursday from the 'Pay and Display', bottom of Windermere Road, Grange. Call Ewen Cameron 07929833528 or email: e.cameron1@btinternet.com

Age UK South Lakeland ... activities (currently under review) in our area include lunch clubs, gentle exercise classes and, for men aged 50+, walking football. Call (7) 28118

Age UK Lunch Club Cark ... monthly on a Friday, call Brian (5) 34902



Every Thursday 8pm
Ravenstown Club
main function room
Over 18s only



Kendal Farmers Market
28th January, 2022
9am – 3.15pm

Do you have Information about groups, events or activities?

Call Kim (5) 21305 or email: bryankimbarb@gmail.com

Welcome, Vicar!

St John's is delighted to announce that in October 2021 **Rev Jane Maycock** was licensed as Interim Associate Priest of Allithwaite and Flookburgh. Ordained in 1994, Jane is a trainer in theology and member of the diocesan Bishop's Council. She is married to the Rev James Richards, rector of Bowness. They have four children



New Train Timetable

From Sunday
12th December



<https://www.northernrailway.co.uk/travel/timetables>

Need to see your GP?

You can choose your surgery, Flookburgh or Grange



Call (7) 15500

Peter Pan

Victoria Hall, Grange
(Rescheduled from December)
7.30pm Friday 7th Jan
2pm Sat 8th/Sun 9th Jan
Tickets £8/£10
Call (5) 32375



From the Parish Council

Unitary Councils ... Lower Holker Parish will be included in the new Westmorland and Furness Council which will replace the County and District Councils on 1st April 2023. For more information check out the new website: <https://newcouncilsforcumbria.info/>

Public Watering Place Charity ... grants for local people and groups. Visit the PC website, details below.

PC Meetings ... alternate between Flookburgh and Lower Holker Village Halls on the first Wednesday of each month except August. Members of the public are welcome to attend and raise issues of local concern

Contact Us

Parish Clerk, Lyn Prescott, 13 Church Walk, Flookburgh, LA11 7JX.

Call (5) 58224 or email: lowerholkerpc@hotmail.co.uk

<http://www.lowerholkerparishcouncil.org.uk/>